

SA 510: Substance Abuse: Theory and Practice II

Quiz Instructions

Thank you for enrolling into SA 510 - Substance Abuse: Theory and Practice II . This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
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1. In 1926, the United States Congress passed the Purity in Food and Drug Act designed to control addiction by requiring labels on drugs contained in products including opium, morphine, and heroin.

- A) True
- B) False

2. A small minority of these offenders (2 out of every 1000) will be offered Juvenile Drug Court (JDC) diversionary programs as an option to prison sentences

- A) True
- B) False

3. Cognitive-behavioral models suggest a variety of motivations and re-enforcers for taking drugs. One explanation suggests that people take drugs to experience variety.

- A) True
- B) False

4. The disease model of etiology, addiction is viewed as a primary disease rather than being secondary to another condition.

- A) True
- B) False

5. According to the moral model, addiction is incurable.

- A) True

B) False

6. Which US Act required drugs to be classified according to their medical use, potential for abuse, and possibility of creating dependence?

- A) Anti-Drug Abuse Prevention Act
- B) Harrison Act
- C) Controlled Substance Act
- D) None of the above

7. Which etiological theory of addictions assumes that addicts are constitutionally predisposed to develop dependence on drugs?

- A) Disease model
- B) Family system model
- C) Biophysiological model
- D) Supracultural model

8. Which etiology model explains addiction as a consequence of personal choice and, individuals, who are engaging in addictive behaviors, are viewed as being capable of making alternative choices?

- A) Learning theory model
- B) Disease model
- C) Cognitive behavioral model
- D) None of the above

9. According to chapter 1, which of the following is NOT a psychological model of addiction etiology?

- A) Psychodynamic
- B) Learning theory
- C) Personality theory
- D) Family disease

10. According to the syndrome model of addictions, there are multiple and interacting antecedents of addiction that can be organized in at least three primary areas. Which of the following is NOT a primary area?

- A) Shared neuro-biological antecedents
- B) Shared psychosocial antecedents
- C) Shared Spiritual antecedents
- D) Shared experiences and consequences

11. BAC is an abbreviation for Blood Alcohol Content.

- A) True

B) False

12. The reward and deregulatory pathways are key to understanding addiction.

A) True

B) False

13. Current estimates indicate the extent of addiction disorders, with the exclusion of tobacco addiction, involve approximately 32 million Americans.

A) True

B) False

14. Most withdrawal symptoms can begin within 24 hours of last use and may continue for varying lengths of time, usually 3-7 days, depending on the substance, degree of physical dependence, genetic factors, and overall health of the person.

A) True

B) False

15. Alcohol is classified as a depressant to the central nervous system.

A) True

B) False

16. The effect of ethanol can be moderated by a variety of factors such as?

A) Food in the stomach

B) Total body weight

C) Gender and the response to alcohol (tolerance)

D) All of the above

17. The term used when describing women's' response to alcohol is?

A) Tolerance

B) Dilution rate

C) Telescoping

D) Toxification

18. Binge drinking is defined as ____ or more drinks for males and ____ or more drinks for females in any one drinking episode.

A) 6 , 5

B) 4 , 5

C) 7 , 6

D) 5 , 4

19. Barbiturates are classified as?

- A) An opioid
- B) A depressant
- C) Neither A nor B
- D) Both A and B

20. One example of an illicitly-manufactured amphetamine is?

- A) Methcathinone
- B) Ritalin
- C) Tuinal
- D) Oxycontin

21. 21. Workaholism can be supported and even rewarded in the workplace.

- A) True
- B) False

22. Researchers have not found evidence that pathological gambling is related to changes in neuroadaptation, tolerance, and withdrawal symptoms.

- A) True
- B) False

23. Easy access to credit and media messages has no impact on compulsive buyers to purchase goods.

- A) True
- B) False

24. Three reasons given for the rising incidence of sexual addiction are increased affordability, easy access to sexual materials, and anonymity of the internet.

- A) True
- B) False

25. Multiple addictions are termed comorbidities.

- A) True
- B) False

26. Common characteristics of sexual addicts include all of the following except?

- A) Isolation
- B) Guilt

C) **Perfectionism**

D) Depression

27. Without treatment 20% of individuals with serious eating disorders die, with treatment that number falls to ____ percent.

A) 7 to 8

B) 1 to 2

C) 2 to 3

D) 5 to 6

28. Whether a substance or process addiction, the addiction interferes with a person's ability to?

A) Know oneself

B) Know one's spirituality

C) Know the world around oneself

D) All of the above

29. People with eating disorders are preoccupied with?

A) a. Food and appearance

B) b. Weight and control

C) c. Assertiveness

D) d. Both A and B

30. In current studies of compulsive buying?

A) 60% of clinical subjects are men

B) impulsive behaviors predominate

C) 80% of clinical subjects are women between the ages of 16 and 35.

D) some of the clinical subjects have been offered treatment at the conclusion of the research

31. One unique aspect of the addictions field is that it is multidimensional and multidisciplinary and those providing treatment for individuals with addictions can be physicians, psychiatrists, psychologists, social workers, clergy, family therapists, as well as addiction counselors.

A) True

B) False

32. The Substance Abuse and Mental Health Services Administration reported (2015) that 3.3% of the adult population experienced comorbid SUD and mental illness.

A) True

B) False

33. In terms of counselor competency, it is okay to treat adolescents if the counselor's experience has been with adults because everything is essentially the same, just the age of the client is different

- A) True
- B) False

34. According to Pope and Keith-Spiegel, not all boundary crossings are detrimental to the client and some, in fact, can be therapeutic.

- A) True
- B) False

35. One of the concerns among professionals in the addiction field is that research does not always inform practice and counselors often rely on personal experience, or what has worked before, rather than on recent research findings when working with clients.

- A) True
- B) False

36. What variables are empirically linked to African American substance abuse?

- A) Modeling variables, relationship problems, and peer pressure
- B) Economic deprivation, racism, and stress
- C) Acculturation stress, language barriers, and low self-esteem
- D) Lack of education, the daily stress of living, and exposure to substance use

37. Which of the following is a therapeutic reason for a Counselor to disclose to a client his/her own struggles with an addiction?

- A) it may humanize the counselor
- B) it may make the counselor an equal to the client
- C) it should not be done; it is unethical
- D) it may counter resistance

38. All of the following are explanations for the apparent disconnect between research and practice except for ONE. Which one is NOT a reason?

- A) Researchers are not necessarily practitioners so they are not always focused on the practical application of research to practice
- B) Managed care and other third-party payers are more concerned with the bottom line, than with empirically sound methods of addictions treatment
- C) Since they are not researches, addiction counselors are not equipped to understand the implications of research and then apply it to their practice
- D) Keeping up with the latest research findings can be costly in terms of time and money, both in limited supply with community treatment agencies

39. Your textbook discusses the stress involved with AOD clients and it is recognized that many addictions counselors often endure all but ONE of the following. Which one is NOT considered a stressor or factor in burnout for addiction counselors?

- A) Poor working conditions due to the lack of resources
- B) Lack of support from administrators
- C) Unreasonable demands from AOD clients
- D) High turnover rate among employees

40. In the field of addictions, there are a number of scientifically based treatment approaches available. All but ONE of the following is such an approach. Which one is NOT a noted scientifically based treatment approach as discussed in your textbook?

- A) Cognitive-behavioral therapy
- B) Community reinforcement approaches
- C) The twelve-step approach
- D) Abstinence based treatment approaches

41. In a typical MSE, observations are made of five basic areas; sensory and cognitive functions, thinking, perception, feeling and behavior, and physical appearance.

- A) True
- B) False

42. A contextual analysis ascertains the client's overall history or use and mental health.

- A) True
- B) False

43. Time-Line Follow back for Alcohol (TLFB-Alcohol) is used for determining a current use history of alcohol.

- A) True
- B) False

44. Regardless of the substance, DSM-5 specifies that a substance-related disorder is characterized by a "cluster of cognitive, behavioral and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems."

- A) True
- B) False

45. "Level of care" refers to a protocol that the American Society of Addiction Medicine (ASAM) created to help place clients into an appropriate setting by determining their care needs.

- A) True
- B) False

- 46.** Which one of the following is NOT an objective of an addictions assessor?
- A) To plan appropriate interventions
 - B) To involve appropriate family members or significant others, as needed, in the individual's treatment
 - C) To evaluate the effectiveness of interventions implemented
 - D) To determine which family member or significant other need counseling as well.
- 47.** This is the first step in the assessment process?
- A) Crisis intervention
 - B) Screening
 - C) Gaining collaborative information
 - D) Treatment planning
- 48.** The process of screening leads to?
- A) Rule out addiction
 - B) Request a more comprehensive exam
 - C) Refer for treatment
 - D) All of the above
- 49.** According to the chapter, which one is NOT one of the dimensions related to ASAM placement?
- A) Acute Intoxication and Withdrawal Potential
 - B) Readiness for Change
 - C) Treatment expectancy
 - D) Biomedical Condition and Complications
- 50.** According to the chapter, "affect" on a mental status exam may be described as?
- A) Flat, labile, blunted, restricted
 - B) Rumination, word salad, tangential, blocking
 - C) Calculation, abstraction, knowledge, construction
 - D) None of the above
- 51.** A potential benefit of using standardized assessments as part of the diagnosis of substance abuse disorders is that it provides the clinician the opportunity to compare results with a normative group.
- A) True
 - B) False
- 52.** Good reliability of an instrument is necessary but not sufficient when selecting a screen.
- A) True

B) False

53. Data gathered from administering standardized tests can only be used for diagnostic purposes.

A) True

B) False

54. Face validity of an instrument refers to the style of questions on an instrument that enables the respondents to determine the purpose of the questions by merely reading the questions.

A) True

B) False

55. An instrument created using the criterion keyed approach is appropriate for clients who may attempt to "Fake-good".

A) True

B) False

56. The purpose of screening is?

A) To diagnose substance abuse disorder

B) To obtain insurance reimbursement

C) To determine if further drug and alcohol use assessment is warranted

D) To inform the client of the presence of a substance abuse disorder

57. Which of the following instruments is specially designed to screen substance use disorders in pregnant women?

A) CAGE

B) SMAST

C) TWEAK

D) AUDIT

58. Which of the following instruments has a version designed especially for adolescent abuse screening?

A) AUDIT

B) T-ACE

C) SASSI

D) CAGE

59. Which of the following three instruments are commonly used for substance abuse screening?

A) CAGE, AUDIT, MAST

B) SMAST, TWEAK, T-ACE

- C) AUDIT, AUI, PAI
- D) SASSI-4, MAST, CAGE

60. Which of the following instrument is not a standalone substance abuse screen but has a scale for screening substance abuse?

- A) MAST
- B) T-ACE
- C) SASSI-3
- D) **MMPI-2**

61. Contemplation is the earliest stage of the change process.

- A) True
- B) False

62. When a client determines that his behavior is causing enough problems to warrant a change, that client is in the Preparation stage.

- A) True
- B) False

63. Self-efficacy is a person's belief about his or her ability to be efficient.

- A) True
- B) False

64. Sometimes a stage of change may be skipped altogether.

- A) True
- B) False

65. Counselors are encouraged to view resistance as a welcome signal that the therapeutic relationship is at a turning point.

- A) True
- B) False

66. Which is NOT one of the 6 stages of change?

- A) Relapse
- B) Motivation
- C) Action
- D) Maintenance

- 67.** Which of the following is NOT one of the four pillars that guide MI?
- A) Expressing Empathy
 - B) Develop Alliance
 - C) Rolling with Resistance
 - D) Support Self-Efficacy
- 68.** Which of the following is NOT one of the five early motivational methods?
- A) Challenging
 - B) Affirming
 - C) Summarizing
 - D) Eliciting change talk
- 69.** Transitional summaries are statements used to?
- A) End a counseling session
 - B) Remind clients of transitional recovery needs
 - C) Summarize accomplishments of a completed stage
 - D) Shift from one therapeutic encounter to the next
- 70.** Which of the following is NOT a form of resistance?
- A) Ignoring
 - B) Interrupting
 - C) Shifting focus
 - D) Negating
- 71.** Contingency management makes use of internal incentives that are contingent on the client meeting predetermined personal goals.
- A) True
 - B) False
- 72.** Perhaps the best known example for constructing "Future Exceptions" in Solution Focused Counseling (SFC) is the use of the "Miracle Question".
- A) True
 - B) False
- 73.** Harm reduction promotes high-threshold access to services.
- A) True
 - B) False

74. Consistent with its origins as a brief or short-term therapy, Solution Focused Counseling (SFC) is known for its pragmatism.

- A) True
- B) False

75. Behavior contracting itself can be implemented with minimal or no cost to the counselor or agency.

- A) True
- B) False

76. According to Thombs and Osborn (2001) this type of counselor lend moderate support for moral and disease concepts of addiction.

- A) Multiform counselors
- B) Client-directed counselors
- C) Uniform counselors
- D) Reality centered counselors

77. Which of the following is NOT one of the three key points made by this chapter about Miller and Hester's "informed eclecticism" ?

- A) There is no single superior approach to treatment
- B) Construct treatment with a variety of effective approaches
- C) Counselors gear an approach that fits their personality
- D) Different types of individuals respond best to different treatment approaches

78. Harm reduction addresses which of the following?

- A) bears resemblance to solution focused counseling
- B) embraces the FRAMES perspective of brief interventions
- C) reflects cognitive -behavioral principles
- D) All of the above

79. In this type of relationship, a client believes there is not a problem and the counselor agrees, validates, or "goes along with" this perception?

- A) Visitor type relationship
- B) Complainant type therapeutic relationship
- C) Customer type relationship
- D) None of the above

80. Which of the following is an alternative to abstinence?

- A) Warm turkey approach
- B) Tapering down

- C) Trial moderation
- D) All of the above

81. According to Chartas and Culbreth, a cause and effect relationship between substance abuse and domestic violence has been established.

- A) True
- B) False

82. Brems and Namyniuk emphasize the high financial and social costs associated with co-occurring disorders. Such costs include increased health care and hospitalization costs, less satisfying family relationships, and poorer treatment outcomes.

- A) True
- B) False

83. According to SAMHSA, research suggests that the occurrence of addictive disorders and other mental health disorders is not highly correlated.

- A) True
- B) False

84. When assessing a client with both a psychiatric problem and an addiction, the one that came first is usually primary and is important to address for relapse prevention.

- A) True
- B) False

85. Confrontation as a counseling technique has been found to be effective in working with clients diagnosed with substance abuse disorder.

- A) True
- B) False

86. According to Juhnke et al., all of these instruments were seen as both most important to use and most often used by addictions counselors except?

- A) Substance Abuse Subtle Screening Inventory (SASSI)
- B) Wechsler Adult Intelligence Scale-III (WAIS-III)
- C) Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
- D) Addictions Severity Index (ASI)

87. According to SAMHSA, all of the following client ethnicities are more inclined to self-report a lower level of functioning and to be seen by clinical staff as experiencing more serious symptomatology except?

- A) **European American**
- B) African American

- C) Latino/Hispanic American
- D) Asian American

88. For those counselors who work with addictive and COD clients within a Twelve Step model, they should be familiar with which of the following texts?

- A) Feeling Good Handbook
- B) Sponsor's Guide
- C) Big Book
- D) Hazelton Dictionary

89. Which of the following are important activities for counselors who work with addictions and CODs within a 12 step model to engage clients in?

- A) a. Doing step work
- B) b. Getting a temporary sponsor
- C) c. Getting sufficient exercise
- D) d. A and B

90. According to Von Steen., Vacc, and Strickland, approximately what percentage of alcoholics experience depression and anxiety?

- A) 10-15
- B) 25-30
- C) 40-45
- D) 55-60

91. The ACA Code of Ethics states that counselors may only practice within areas in which they have received the necessary education, training, experience and supervision.

- A) True
- B) False

92. Group counselors must guarantee that there will be no breaches of confidentiality.

- A) True
- B) False

93. An understanding of gender from a developmental and cultural perspective, as well as an awareness of the implications inherent in that perspective is a critical attribute of the group counselor working with addictions.

- A) True
- B) False

94. Family members of addicts should be provided an opportunity to come together to share their experiences, discuss problems, provide encouragement, and learn to cope more effectively with various concerns.

- A) True
- B) False

95. Rationalization is the chronic use of excuses to support both addiction and the feelings of inadequacy that lead to destructive acting and behaving.

- A) True
- B) False

96. A type of counseling group that commonly includes planned interventions that focus on specific issues is commonly referred to as?

- A) Psychotherapeutic group
- B) Self help group
- C) Psychoeducational group
- D) None of the above

97. Typically led by a volunteer, this type of counseling group helps members cope with problems while providing support to one another.

- A) Self help group
- B) Psychoeducational group
- C) Psychotherapeutic group
- D) All of the above

98. A visual representation of a person's family tree created with lines, words, and geometric figures that may reveal patterns of addiction, co-dependence, or other problem behaviors in the client's family system is called?

- A) Genogram
- B) A timeline
- C) Person, house, tree
- D) None of the above

99. Typically facilitated by mental health professionals, psychologists, social workers, or certified alcohol and drug counselors, these counseling groups typically improve psychological functioning and the adjustment of the members.

- A) Psychotherapeutic group
- B) Psychoeducational group
- C) Self-help groups
- D) None of the above

- 100.** ASGW recommends which of the following specific training as minimum requirements to leading psychoeducational or psychotherapeutic groups?
- A) a. One graduate course in Group Counseling
 - B) b. Ten or more hours of group experience
 - C) c. 45-60 hours of supervised experience
 - D) d. A and B
- 101.** There exists no scientific evidence that one can "treat a drug with a drug."
- A) True
 - B) False
- 102.** Acetylcholine is a neurotransmitter.
- A) True
 - B) False
- 103.** Anxiolytics are the class of medication used to treat depression.
- A) True
 - B) False
- 104.** There are no known considerable cross-ethnic variations in drug effects.
- A) True
 - B) False
- 105.** The leading theory on the etiology of cocaine addiction is the "Dopamine Hypothesis."
- A) True
 - B) False
- 106.** The term Endogenous means?
- A) Produced outside of the body
 - B) Manufactured outside of the US
 - C) Produced by the body
- 107.** The term Pharmacodynamics means?
- A) A drug's impact on the body
 - B) The body's impact upon a drug
 - C) The economic context of a drug
 - D) The political context of a drug

108. Which of the following is NOT one of the four pharmacokinetic processes?

- A) Absorption
- B) Distribution
- C) Biotransformation
- D) Reuptake

109. The obsessive dis-inhibition form of craving is the result of dysfunction in the ____ neurotransmitter.

- A) DA
- B) 5HT
- C) OP
- D) GABA

110. Bupropion (Wellbutrin) is a member of the _____ class of medications.

- A) Anticonvulsants
- B) Anxiolytics
- C) Antidepressant
- D) Anti-manic

111. Alcoholics Anonymous (AA) is one of the most widely recognized 12-step groups today, and has been an instrumental force in the establishment of groups founded afterwards.

- A) True
- B) False

112. 12 step/self-help groups are not generally compatible with individual counseling services and treatment plans.

- A) True
- B) False

113. Both Rational Recovery (RR) and Alcoholics Anonymous (AA) promote abstinence.

- A) True
- B) False

114. Moderation Management (MM) feels that individuals will be most successful at attaining their goals with alcohol when these goals are chosen by the group as a whole.

- A) True
- B) False

115. Because all groups guarantee confidentiality of members, the counselor can assure the client that information shared in the group will be protected beyond the group context.

- A) True
- B) False

116. Which is NOT one of the primary responsibilities of the addictions counselor?

- A) Having resources and lists of and information on all self-help groups in the client's community
- B) Collaborating with the client to determine if the group is an appropriate match
- C) Having familiarity with groups, the process, the aims and goals, and membership composition
- D) Collaborating with group leaders to ensure the client's progress in the group

117. Process groups include work, shopping, sex, money, exercising, and eating groups, among others. A "Process Addiction" is?

- A) A series of activities which may interfere with daily functioning, but are not as serious as chemical addictions.
- B) A series of activities which will decrease and stop if ignored over time
- C) A series of activities or interactions that "hook" a person, or on which a person becomes dependent
- D) All of the above

118. In Alcoholics Anonymous (AA), the role of the sponsor is?

- A) To recruit addicted persons into religious sects to aid recovery
- B) To encourage a gradual transition from primary dependence on the sponsor to a focus on "Moderation"
- C) To serve as a guide and facilitator of the recovery process
- D) B and C

119. To the member of _____, it is not the specific chemical that is the problem, but the common disease of addiction.

- A) **Narcotics Anonymous (NA)**
- B) Alcoholics Anonymous (AA)
- C) CoDependents Anonymous (CoDA)
- D) Al-Anon

120. There are six noted types of 12 step meetings. In _____ meetings, one recovering person speaks to the group about his/her addiction and recovery story.

- A) Closed
- B) Open
- C) Speaker
- D) Step

121. Findings indicate that approximately 90% of alcoholics return to drinking within a 4 year period of abstinence

- A) True
- B) False

122. The definition of relapse is dependent upon the therapeutic treatment being used.

- A) True
- B) False

123. A lapse is more severe than a relapse.

- A) True
- B) False

124. Identifying High Risk Situations is one of the primary strategies in relapse prevention therapy.

- A) True
- B) False

125. A positive outcome expectancy for substance use is associated with increased relapse rates.

- A) True
- B) False

126. The abstinence violation effect refers to?

- A) a psychological trap
- B) an irresistible temptation to break the rule
- C) it has important psychological implications for the addictive process
- D) all of the above

127. Which of the following are true about the Relapse Prevention Model?

- A) relaxation skills are used
- B) cognitive behavioral strategies are taught
- C) lifestyle changes are encouraged
- D) all of the above

128. The likelihood of relapse is?

- A) Minimal and of minor importance in treatment
- B) Certain
- C) Forty percent during the first year of abstinence

D) An important topic of discussion throughout treatment

129. Which strategy listed below is NOT an effective method of gaining self-efficacy?

- A) Identifying personal strengths and resources in the environment
- B) Developing a hierarchy of high risk situations
- C) Placing self in high risk situations during high stress times
- D) Rehearsing alternative responses in problematic situations

130. Behavioral goals of relapse prevention may include all of the following EXCEPT?

- A) An observable change in diet and exercise
- B) Identification of high risk situations and new coping strategies
- C) A reduction of the severity or frequency of relapse
- D) Psychoanalysis of the underlying factors of addiction

131. For every person who is addicted to drugs or alcohol, it is believed that there are 4-6 other people equally affected.

- A) True
- B) False

132. In an addicted family system, the three major rules are don't talk, don't trust, and don't feel.

- A) True
- B) False

133. The non-abusing parent can buffer the negative effects of addiction.

- A) True
- B) False

134. The "Emotional Desert" is a period of time during which counselors feel hopeless and unable to help.

- A) True
- B) False

135. The quality of an intimate partnership decreases with the presence of alcohol.

- A) True
- B) False

136. Family counseling is more effective in treating addictions than?

- A) Individual counseling

- B) Group counseling
- C) 12-step support groups
- D) All of the above

137. Homeostasis within the family does which of the following?

- A) Makes family members similar to one another
- B) Balances family dynamics in response to change
- C) Freezes family dynamics so they remain the same
- D) Does not refer to families at all

138. Alcohol plays role in?

- A) Physical violence
- B) Sexual violence
- C) Sexual functioning
- D) All of the above

139. The outcomes for children of alcoholics?

- A) Are always negative
- B) Are always positive
- C) Depend on the combination of personality traits and stressful events
- D) Depend on whether they receive counseling

140. A structured clinical interview can be helpful for which of the following?

- A) a. Development of a solid therapeutic alliance
- B) b. Counselor's observance of the family's nonverbal interactions
- C) c. Depends on whether they receive counseling
- D) d. A and B
- E) e. None of the above

141. People with disabilities are disproportionately represented among those with substance abuse disorders.

- A) True
- B) False

142. One of the major issues in diagnosis of substance abuse and addiction in persons with disabilities is that abuse and addiction are frequently either seen as occurring secondary to another disability.

- A) True
- B) False

143. Both spinal cord injury and traumatic brain injury have a lower post-injury versus pre-injury drug use.

- A) True
- B) False

144. Disabilities such as arthritis, bipolar disorder, and cystic fibrosis seldom place a person at risk for problems related to medication use.

- A) True
- B) False

145. People with disabilities may be vulnerable for alcohol and other drug abuse through peer pressure due to a lack of social experience or a need for acceptance.

- A) True
- B) False

146. For ethnic minority groups, which of the following is NOT considered a "risk factor?"

- A) psychological risks
- B) sociocultural risks
- C) religious affiliation risks

147. Which of the following regarding Cross Culture and Ethnic Diversity is correct?

- A) Asian Americans have the highest rate of alcohol consumption disorder
- B) White Americans have the highest rate of illicit drug use disorder
- C) Less than 70% of mental health professionals are non-Hispanic, White
- D) Each cultural, racial and ethnic group has its own cultural perspective on the use of alcohol and illicit substances

148. Persons with disabilities abuse substances for which of the following reasons?

- A) Isolation
- B) Depression
- C) Employment
- D) Financial
- E) all of the above

149. Which of the following is NOT a risk categorie for substance abuse for people with disabilities?

- A) Social risk factors
- B) Marital risk factors
- C) Medical risk factors

D) Psychological risk factors

150. Which of the following is a key principle of effective treatment programs?

- A) there is no single treatment approach that is appropriate for everyone
- B) medically assisted detoxification is only the first stage of addiction
- C) many AOD addicted individuals also have other mental disorders
- D) all of the above

151. The relationship between gender and drug use is driven by cultural impressions and moral thinking.

- A) True
- B) False

152. According to the public health model prevention programs fall into three general categories.

- A) True
- B) False

153. DARE is the most effective adolescent drug abuse prevention program in the United States.

- A) True
- B) False

154. 155. Most high school students competing in extracurricular activities are tested for steroid use.

- A) True
- B) False

155. Public service announcements focusing on the dangers of drug use are an effective means of deterring drug use among adolescents.

- A) True
- B) False

156. Men tend to outnumber women in addictions treatment at a rate of what?

- A) 6:1
- B) 4:1
- C) 2:1
- D) 3:1

157. The abuse of ____ is considered the new drug abuse epidemic with a 300% increase in emergency room admissions?

- A) Opioids

- B) Crack
- C) LSD
- D) Alcohol

158. According to the reading, when people have co-occurring disorders of addiction with some other mental disorder, usually ____.

- A) The disorders have equal severity
- B) Mental disorder occurred first
- C) The substance abuse is exacerbated by the mental disorder
- D) Both B and C

159. Harm reduction programs seek to reduce the problems associated with substance use by?

- A) Forbidding the use of drugs
- B) Use of scare tactics to prevent the use of drugs
- C) Strict enforcement of underage drinking laws
- D) promoting responsible drinking

160. ____ % of juveniles in detention were using drugs when they committed their crime.

- A) 45
- B) 95
- C) 20
- D) 80

161. 162. The history and experience of various cultural, racial and ethnic groups suggests that substance use and abuse patterns tend to be similar.

- A) True
- B) False

162. Today most Native Americans live in traditional native communities known as reservations, with difficult living conditions.

- A) True
- B) False

163. Alcohol consumption patterns among Asian/Pacific Islanders may be impacted by physiological factors related to metabolic difficulties.

- A) True
- B) False

164. Cultural competency in substance abuse treatment involves the need to focus attention on the client's ethnic, racial, and cultural history as part of a good assessment.

- A) True
- B) False

165. 12 step approaches to substance use have historically embraced notions of cultural competency.

- A) True
- B) False

166. 167. Which of the following is/are considered to be culturally appropriate intervention strategies?

- A) Seek consultation with traditional healers or religious /spiritual leaders
- B) Engage in verbal and nonverbal helping responses
- C) Exercise institutional intervention skills on behalf of the clients
- D) all of the above

167. African Americans who abuse substances?

- A) a. Are overrepresented in the treatment population
- B) b. Are underrepresented in the treatment population
- C) c. Are frequently unable to access treatment services
- D) d. Both B and C

168. Latino youth who abuse substances are often negatively impacted by?

- A) Psychological issues of guilt and shame regarding drug use
- B) Economic and educational stressors
- C) Difficulties accessing treatment sources
- D) Family pressures to conform to similar substance use patterns

169. The use of culturally specific substance abuse treatment?

- A) Has rarely been implemented
- B) Has been implemented but lacks a strong empirical foundation
- C) Has been argued of consistently in recent decades
- D) None of the above

170. Counselors need to understand their own cultural heritage in order to?

- A) Relate more comfortably with their clients
- B) Utilize appropriate boundaries in work with their clients
- C) Identify cultural groups from which they derived attitudes, beliefs, and values
- D) Recognize their limitations in establishing rapport with clients

171. Addiction research results that use all-male samples can be generalized to women, as there is no difference in the ways women and men experience addiction.

- A) True
- B) False

172. Most treatment methods currently used by addictions counseling centers current include gender-sensitive practices.

- A) True
- B) False

173. Women experience "Telescoping" effects of drugs and alcohol in that they suffer more severe physical consequences after a shorter duration of use than men.

- A) True
- B) False

174. Alcoholic women who attempt suicide are more likely to die, as are alcoholic men who attempt suicide.

- A) True
- B) False

175. One of the biggest barriers to men seeking addictions counseling is lack of adequate childcare.

- A) True
- B) False

176. Which of the following is NOT usually a primary concern of men seeking addictions counseling?

- A) Anger management training
- B) Whether free childcare is available during treatment
- C) Addressing unemployment issues
- D) Fear about expressing deep feelings in treatment

177. Which of the following is NOT usually a primary concern of women seeking addictions treatment?

- A) Whether free childcare is available during treatment
- B) Anger Management training
- C) HIV/AIDS information
- D) Treatment for depression or anxiety

178. Addicted men are more likely than women to be diagnosed with which of the following?

- A) Sociopathology

- B) Depression
- C) Anxiety
- D) None of the above

179. Women are more likely than men to become addicted to which of the following drugs?

- A) Heroin
- B) Marijuana
- C) Alcohol
- D) Prescription medication

180. Which of the following is NOT a component of gender-sensitive addictions counseling?

- A) Considering a client's problems within a social context
- B) Encouraging client's freedom to make choices about treatment
- C) Creating a hierarchical counseling relationship for the client's interpersonal safety
- D) Openly discussing gender issues as a part of treatment

181. LGBT individuals all have the same rates of abuse of drugs and alcohol.

- A) True
- B) False

182. Counselors should always encourage LGBT clients to come out to their family and friends.

- A) True
- B) False

183. The coming out process is different for people depending on their race/ethnicity, disability status, socioeconomic status, and religious/spiritual affiliation.

- A) True
- B) False

184. Sexual minority clients may need counselors to help them connected with LGBT-friendly recovery communities.

- A) True
- B) False

185. Trujillo (1997) stated that LGB people manage a "triple consciousness" about their sexual identity which includes?

- A) How LGB people think about themselves
- B) How the world thinks about LGB people
- C) The discrepancy between how LGB people think about themselves and others

D) All of the above

186. When working with a GLBT client who is early in their sexual identity and their recovery, the counselor should?

- A) Force the client to speak about their sexual identity each time the counselor meets with their client
- B) Ask their family and friends if the person really "Gay"
- C) Create a safe and welcoming environment to discuss GLBT issues
- D) None of the above

187. Transgender people face discrimination, prejudice, and misunderstanding in society. Transgender individuals in recovery face unique challenges in the form of?

- A) Job and career loss
- B) Hate crimes
- C) Family estrangement
- D) All of the above

188. Myths about bisexual people are that they are?

- A) a. Confused
- B) b. Over-sexed
- C) c. Both A and B
- D) d. None of the above

189. 191. A thorough psychosocial history when working with a LGBT client includes?

- A) Talking to their family
- B) Assessing their degree of outness
- C) Asking personal questions about their sex lives
- D) Trying to convert them to be straight

